



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTERN FAMILY YMCA
FALL 2018/WINTER 2019
PROGRAM CATALOG





		BEAR – GLASGOW	BRANDYWINE	CENTRAL	DOVER	MIDDLETOWN	SUSSEX	WALNUT STREET	WESTERN
AQUATICS	Swim Lessons	•	•	•	•	•	•	•	•
	Lap Swimming	•	•	•	•	•	•	•	•
	Lifesaving Certification	•	•	•	•	•	•	•	•
	Youth Competitive Swim Team	•	•	•	•	•	•	•	•
	Masters Swimming	•	•	•	•	•	•	•	•
	Fitness & Therapeutic Classes	•	•	•	•	•	•	•	•
DANCE	Adult	•	•	•	•	•	•	•	•
	Youth	•	•	•	•	•	•	•	•
FITNESS	Pilates	•	•	•	•	•	•	•	•
	Spinning/Cycling	•	•	•	•	•	•	•	•
	Cardio & Strength Fitness Classes	•	•	•	•	•	•	•	•
	Yoga	•	•	•	•	•	•	•	•
	Barre	•	•	•	•	•	•	•	•
	Small Group Training	•	•	•	•	•	•	•	•
SPORTS	Adult	•	•	•	•	•	•	•	•
	Youth	•	•	•	•	•	•	•	•
CHILD CARE	Before & After School Care	•	•	•	•	•	•	•	•
	Preschool Half Day	•	•	•	•	•	•	•	•
	Preschool Full Day	•	•	•	•	•	•	•	•
	Summer Day Camp	•	•	•	•	•	•	•	•
SENIORS	Aquatic & Fitness Programs	•	•	•	•	•	•	•	
FACILITIES	Adult Fitness Center	•	•	•	•	•	•	•	•
	Youth Fitness Center	•	•	•	•	•	•	•	•
	Gymnasium	•	•	•	•	•	•	•	•
	Indoor Track	•	•	•	•	•	•	•	•
	Racquetball & Squash Courts	•	•	•	•	•	•	•	•
	Indoor Pool	•	•	•	•	•	•	•	•
	Outdoor Pool	•	•	•	•	•	•	•	•
	Sauna	•	•	•	•	•	•	•	•
	Family Changing Room	•	•	•	•	•	•	•	•
SERVICES	Fitness Evaluations	•	•	•	•	•	•	•	•
	Party Rentals (birthday & other)	•	•	•	•	•	•	•	•
	Personal Training	•	•	•	•	•	•	•	•
	Babysitting – “Kids Zone”	•	•	•	•	•	•	•	•
PREVENTION PROGRAMS	YMCA Diabetes Prevention Program	•	•	•	•	•	•	•	•
	Healthy Weight & Your Child	•	•	•	•	•	•	•	•
	LIVESTRONG at the YMCA	•	•	•	•	•	•	•	•
YOUTH AND TEENS	Youth & Teen Enrichment	•	•	•	•	•	•	•	•
	Youth in Government	•	•	•	•	•	•	•	•

8 LOCATIONS TO SERVE YOU STATEWIDE!

Y CONNECT

SAVE 20% OFF

**YOUR MONTHLY MEMBERSHIP
WHEN YOU REFER A FRIEND!**

It pays to help your friends
and loved ones stay healthy and
active as members of the Y.



YOUR WESTERN FAMILY YMCA MEMBERSHIP INCLUDES:

- Fitness Center: State-of-the-Art Cardio Equipment featuring the latest technology, Strength Circuit, Free Weights, Olympic Lifting Center
- Functional Training Center: Monkey Bars, Plyo Box, Heavy Bag and more
- Free Fitness Consultations
- Two Indoor Pools; Two Outdoor Pools
- Basketball Gymnasium
- Men's and Women's Locker Rooms
- Family Locker Rooms
- Sauna
- Over 50 Aquatic Group Exercise Classes Weekly – Aqua Zumba, Bootcamp, Yoga and More
- Over 80 Group Exercise Classes Weekly – HIIT, Yoga, Pilates, Barre, Cycling, Zumba, BodyPump, BodyCombat and More
- Free Babysitting while you work out
- Access to most YMCA locations across the country at no extra charge!

PROGRAMS AVAILABLE

- Before and After School Care
- Summer Day Camp
- Full Day & Part Day Preschool
- Instructional Children's Classes: Swimming, Dance and more!
- Youth Sports including Basketball, Soccer, Volleyball and more!
- Youth in Government/ Teen Leadership Programs
- Access to Personal Training
- Small Group Training (fitness training in groups of 3-10 with a certified coach)

DID YOU KNOW THE YMCA IS A NON-PROFIT CHARITY?

WESTERN FAMILY YMCA **2017 IMPACT**

\$1.5 MILLION

WAS PROVIDED IN FINANCIAL ASSISTANCE to those in need, keeping our doors open to everyone in the Newark community in 2017.

150

Donors provided scholarships to 150 children in our after school care program, giving them a safe and enriching place for them to learn, grow and thrive.



1,513

Donors supported **1,513 of our members** with financial assistance, ensuring that everyone has a place to belong.

400 CHILDREN

had the opportunity to **participate in sports** programs thanks to donor support.



269 YOUTH

Community support provided **269 youth with the opportunity to attend summer day camp** where they experienced the outdoors, made lasting friendships and saw a reduction in summer learning loss.

717

single parent households were provided with much needed financial assistance thanks to donor support.

HOW CAN WE HELP YOU?



LEADERSHIP



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BOARD OF GOVERNORS

Sue Dahms, Board Chair
Mike Amir

Bob Auer
Michelle Lacombe

Christopher Locke
Frank McIntosh

Syl Woolford

ADULTS

▶ GROUP EXERCISE LAND & WATER

AGES: 14 years and up

WEEKLY SCHEDULES:

Download our free mobile app, or visit our website at www.ymcade.org.

Get fit together! Experience the incredible energy that only Group Exercise classes can give you. Instructors will lead you through workouts providing you with effective, fun and easy-to-follow steps. The Western Y offers a wide array of classes including Les Mills™, cycling, yoga, Zumba®, and more!

Thinking about ways to get fit but without all the impact to your joints? We offer **WATER EXERCISE** classes ranging from vigorous, high-intensity water aerobics to gentle aqua arthritis.

Group Exercise classes are FREE for Y members and no registration is required. There is something for all ages and fitness levels. Please see our website or mobile app for full schedule and class descriptions.

▶ FITNESS CONSULTATION

FIT QUEST

AGES: 14 and up

Let our certified Fitness Staff help you reach your fitness goals. There is an option to do a one time session to target anyone looking to get started using our equipment and become familiar with the various fitness offerings. Additional sessions are available to those who want the extra guidance and feedback. Fitquest is FREE for members.

▶ PERSONAL TRAINING

The Western Family YMCA offers personal training and coaching to help you set and meet your specific goals. A certified personal trainer will guide you through a customized program focused on results and efficiency. Personal trainers can work with you one-on-one or with a partner for 30 or 60 minute sessions.

Personal Training Interest and Health History forms should be completed prior to your first session and are available online or at the Member Services Desk.

▶ RUNNING CLUB

Whether you are trying to train for your first 5k, gearing up for your first 10K or just like the camaraderie of running with a group, the running club can help keep you motivated. The group finds a run to do as a team each season, but participation in the organized run is not necessary to be a part of the running club.

▶ ADAPTIVE FITNESS

Y FOR ALL PROGRAM

AGES: All ages (youth and adults)
For our members with diverse abilities, we offer adaptive fitness equipment complete with a harness system.

We now have harnesses set up in fitness centers as well as in classes such as Barre, Zumba and Yoga. This system allows youth and adults to participate in group exercise classes, walk on a treadmill and/or perform other exercises from an assisted standing position.

The YMCA's "Y for All" Program is meant to reduce barriers for individuals with physical challenges, disabilities and/or issues related to balance and stamina. We strive to provide opportunities for everyone to lead an active, healthy lifestyle.

For more information, please contact Shane Scott, Health and Fitness Director at sscott@ymcade.org, or 709-9622 ext. 1130.



▶ HEALTHY LIVING

The Y creates a supportive environment to enhance your health. We invite you to take advantage of our special programs and events that will help you and your family maintain healthy lifestyle choices.

DIABETES PREVENTION PROGRAM

The YMCA Diabetes Prevention Program is an evidence-based program recognized by the Centers for Disease Control and Prevention. This 12-month program is designed to help individuals with prediabetes reduce their risk of developing diabetes. Participants will:

- Be placed in a group based on their own scheduling and location needs.
- Meet one hour per week for 25 weekly, biweekly and monthly sessions.
- Learn skills to lead a healthier lifestyle, including how to eat healthier, increase physical activity, and change behavior.

Note: Organized physical activity is not a part of the program.

QUESTIONS: Financial assistance is available for individuals who qualify. To find out if you qualify for the program or to get more information, contact the YMCA Healthy Living Department at diabetesprevention@ymcade.org or 302-572-9622.

LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA is a 12-week group exercise program, which runs two times per week. This program is designed to help people affected by cancer regain their endurance, strength, flexibility and confidence in a supportive and safe environment. To learn more about class enrollment and availability, please contact healthyliving@ymcade.org or (302)572-9622.

▶ SWIM LESSONS

SWIM BASICS ADULT

Adults learn personal water safety and achieve basic swimming competency by learning two benchmark skills: (1) Swim, float, swim - sequencing front glide, roll, back float, front glide, and exit (2) jump, push, turn, grab. Classes are 45-minutes in length.

SWIM STROKES ADULT

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Classes are 45-minutes in length.

▶ PRIVATE SWIM LESSONS

Learn how to swim at your own pace or work individually with a swim instructor to meet your goals. Private lesson request forms can be found at the Member Services Desk.

▶ SWIM TEAM: MASTERS

AGES: 18 and up

The Masters Swim Team is open to any adult swimmer interested in fun, fellowship and a great workout. Members will improve overall swimming skills/techniques with the option to access local and regional Master's swim meets.

LIFE IS BETTER IN THE WATER



YOUTH

▶ DANCE

The School of Dance has been a part of the Western Y for more than 20 years. We offer classes from September to December (culminating in an informal performance at the Y) and from January to June (culminating in our formal dance recital). We also offer a limited number of summer classes and workshops. Please see our website for more details.

CLASS OFFERINGS:

3-4 YEAR OLDS

Creative Movement*

4-5 YEAR OLDS

KinderBallet 1
KinderDance 1 (Ballet, Jazz & Tap)

5-6 YEAR OLDS

KinderBallet 2
KinderDance 2 (Ballet, Jazz & Tap)

6-8 YEAR OLDS

AcroDance 1
PreBallet

6-10 YEAR OLDS

Hip Hop 1
Jazz
Tap

8-12 YEAR OLDS

AcroDance 2
Ballet 1
Modern Dance 1

10-17 YEAR OLDS

Ballet 2 (1 or 2 day/week option)
PrePointe
Hip Hop 2
Modern Dance 2

ADDITIONAL OFFERINGS FOR EXPERIENCED DANCERS:

AcroDance 3
Ballet 3
Modern Dance 3
Dance Company

DANCE COMPANY

AGES: 10-17

The Dance Company is intended to give serious dance students the opportunity to participate in additional performances throughout the school year. During class, students will learn and perfect choreography in ballet, modern and jazz styles of dance.

REQUIREMENTS:

You must have at least 2 years of dance experience and be enrolled in Ballet and Modern Dance.

WINTER DANCE PERFORMANCE:

All dancers are encouraged to participate in the Annual Winter Dance Performance held at the Western Family YMCA. More information will be given to dancers in their fall dance session.

▶ FITNESS

YOUTH FITNESS CENTER

AGES: 7-13

Your child will experience a fun way to be active while you take time for yourself and get fit too! Children coming to the Youth Fitness Center for the first time will need to schedule an orientation in advance.

IMPORTANT SAFETY POLICY

All children **MUST** be signed in by an adult (18 years or older) for their first visit. All children under the age of 12 **MUST** be signed in and out by an adult **EACH** visit.

YOUTH PERSONAL TRAINING

A certified personal trainer will meet your child in the Youth Fitness Center to work on exercises designed specifically for his/her needs and goals! Each session will last up to 45 minutes. Options are available for siblings or friends to workout together if they have similar fitness goals.

YOUTH GROUP FITNESS

AGES: 7-13

Join us for a fun group workout. Children will explore the mind-body connection in a group exercise setting. They will learn poses to increase strength, flexibility, balance, and relaxation. No class is complete without a few games!

TEEN & TWEEN EQUIPMENT ORIENTATION

AGES: 12-13 years

This orientation is designed to introduce tweens to a safe workout using selectorized equipment (strength machines) and cardiovascular machines in the Fitness Center. Upon completion of this orientation and staff approval, youth ages 12-13 will have access to the adult fitness center with certain restrictions. See a Fitness Center Staff member to schedule an orientation.

▶ HEALTHY LIVING

HEALTHY WEIGHT AND YOUR CHILD

Healthy Weight and Your Child is a four month evidence-based program for children with obesity. The year-long program empowers 7-13 year olds, with the support of their families, to reach a healthy weight and live a healthier lifestyle.

For details and fee information, contact the Healthy Living Department at healthyliving@ymcade.org or (302) 572-9622.



▶ LEADERSHIP

YOUTH IN GOVERNMENT JR.

GRADES: 6-8

Youth in Government (YIG) Jr. offers model legislative and judicial experiences to middle school youth. Participants can assume the role of Legislator, Lobbyist, Journalist, Speaker, Youth Governor, Attorney, Justice and more.

YOUTH IN GOVERNMENT

GRADES: 9 - 12

Youth in Government (YIG) offers model legislative and judicial experiences to high school youth. Participants can assume the role of Legislator, Lobbyist, Journalist, Speaker, Youth Governor, Attorney, Justice and more.

MODEL UNITED NATIONS (M.U.N.)

GRADES: 6 - 12

This is an exciting opportunity for teens to enjoy learning, discussing, and debating issues concerning world affairs and international peace. Groups will meet weekly to prepare for a 3 day conference in January.

▶ LIFEGUARD CERTIFICATION

ELLIS LIFEGUARDING

AGES: 15 and up

The International Lifeguard Training Program (ILTP) is a hands-on, integrated curriculum that successfully teaches state-of-the-art lifeguard rescue skills through proven methods. Students must attend all meeting days and times for certification. They will also be required to complete an assigned resource document, achieve a minimum score of 80% on a written exam and demonstrate mastery of all practical skills.

For more information contact Liz Bluis at ebbluis@ymcade.org.

▶ SPORTS

TODDLER SUPER SPORTS

AGES: 2-3

This program is designed to teach boys and girls the basics of sports while playing mini-sport games like soccer, t-ball, basketball, and more! Child must be 2 years old at the start of the first session, no exceptions. Parent participation is encouraged.

BASKETBALL SKILLS CO-ED

AGES: 3-4

This is a fun introductory program to teach kids the fundamentals of the game of basketball.

BASKETBALL SKILLS CO-ED

AGES: 5-6

This instructional program teaches basketball fundamentals. Children are given personal instruction and learn how to function as a team. This program will help get players ready for our full basketball season in December.

BASKETBALL CO-ED LEAGUE

AGES: 5-15

Our Basketball League gives children the opportunity to play outside as the weather gets warmer. Teams will be divided by age and will practice one week night.

BASKETBALL CO-ED ELITE LEAGUE

AGES: 11 -12

Games are played at various YMCA gyms. Each YMCA of Delaware branch will have one team in this Elite Basketball League. Teams will travel and play games at each YMCA of DE site.

CHEERLEADING SKILLS SESSION

AGES: 7-10

Join this exciting program that teaches cheerleading in a fun and exciting atmosphere. Girls will learn chants, jumps, dance routines and limited tumbling.

FLAG FOOTBALL CO-ED LEAGUE

AGES: 6-14

This is a co-ed, non-contact football league focusing on learning the game in a fun atmosphere.

SOCCER SKILLS CO-ED

AGES: 3-13

This interactive program will focus on soccer skills in a fun and relaxed atmosphere.

SOCCER CO-ED YOUTH LEAGUE

AGES: 5-13

All participants will play at least half of the game. Divisions are divided by age. Age groups that do not have enough teams for a league will be given instructional lessons.

TENNIS SKILLS PROGRAM

AGES: 6-13

This program provides an opportunity for kids to learn the fundamentals of tennis in a fun environment. Tennis racquets are provided.

VOLLEYBALL SKILLS CO-ED

AGES: 7-14

This instructional program teaches volleyball fundamentals. Children are given personal instruction and learn how to function as a team.

VOLUNTEER COACHES ARE NEEDED!

Apply online at www.ymcade.org or contact Nancy Cusick at ncusick@ymcade.org for more information.

YOUTH

▶ SWIM LESSONS PARENT/CHILD

SWIM STARTERS A, PARENT/CHILD

AGES: 6 months to 1 year
Introduces infants and toddlers to the aquatic environment.

SWIM STARTERS B, PARENT/CHILD

AGES: 1 - 2 years
Focuses on exploring body positions, blowing bubbles, fundamental safety and aquatic skills.

SWIM BASIC 1, TODDLER

AGES: 2 years
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

▶ SWIM LESSONS PRESCHOOL

SWIM BASICS 1, PRESCHOOL

AGES: 3 to 5 years
Increases comfort with underwater exploration, and introduces basic self-rescue skills; performed with assistance.

SWIM BASICS 2, PRESCHOOL

AGES: 3 to 5 years
Encourages forward movement in water and basic self-rescue skills; performed independently.

SWIM BASICS 3, PRESCHOOL

AGES: 3 to 5 years
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES 4, PRESCHOOL

AGES: 3 to 5 years
Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

▶ SWIM LESSONS YOUTH

SWIM BASICS 1, YOUTH

AGES: 6 to 12 years
Increases comfort with underwater exploration and introduces basic self-rescue skills; performed with assistance.

SWIM BASICS 2, YOUTH

AGES: 6 to 12 years
Encourages forward movement in water and basic self-rescue skills; performed independently.

SWIM BASICS 3, YOUTH

AGES: 6 to 12 years
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES 4, YOUTH

AGES: 6 to 12 years
This course introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.

SWIM STROKES 5, YOUTH

AGES: 6 to 12 years
This course introduces breaststroke and butterfly as well as reinforces water safety through treading water and sidestroke.

SWIM STROKES 6, YOUTH

AGES: 6 to 12 years
Refine stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

PRIVATE SWIM LESSONS

Private lessons are taught one-on-one and are ideal for swimmers who want personal instruction specific to their needs.

▶ SWIM ACADEMY

WAHOO SWIM ACADEMY

AGES: 5-12
Join a more progressive level of swimming. Refine strokes, build endurance and confidence. Advanced swimmers will experience the swim team in a semi-competitive nature while working with swim coaches and swim instructors to improve their technique. Participants will have the opportunity to compete in YMCA swim meets if interested. Practices are held two days/week in the Indoor Pool.

PREREQUISITE

Prior enrollment in Swim Academy or a swim evaluation by a Western Swim Instructor is required prior to registration.

▶ SWIM TEAM

WESTERN WAHOOS

AGES: 5-18
Join the Western Wahoos swim team for a great first time competitive swimming experience. Our mission is to help build honest, caring, responsible, and respectful young adults through a competitive swim team program. Our dedicated and experienced coaching staff will guide each swimmer through technical training to help them continually grow and reach new goals. With an emphasis on teamwork and sportsmanship, we will prepare swimmers for a lifetime of success both in and out of the water. Swimmers will practice three to six days per week and will compete against local and national teams several times throughout the year.

More information about our program can be found at westernwahoos.org.



CHILD CARE

▶ PRESCHOOL - FULL DAY

The Western YMCA preschool offers an integrated program with the Meadowood School which is dedicated to students with moderate to severe disabilities. YMCA full day preschoolers learn acceptance at an early age and celebrate children's similarities as well as their different abilities and cultures.

OUR CURRICULUM:

- Math, Science/Sensory, Language/Literacy, Art and Social and Emotional Development
- Red Clay School Lunch Program is available. Breakfast and lunch are served most days at an additional fee.

PROGRAM FEATURES:

- Playgrounds & indoor gym
- Low staff to child ratio
- On-site community programs
- Field trips
- Weekly gym & recreational swim
- Year round options
- Rolling registration

AGES:

3 years through Pre-K

LOCATION:

Meadowood School (near the Y)

HOURS: 7 a.m. -5:30 p.m.

CONTACT

Bonnie Haigh at 302-293-9837 or bhaigh@ymcade.org



We participate in Delaware Stars - A Quality Rating and Improvement System for Early Care and Education Programs in Delaware.

▶ PRESCHOOL - PART DAY

GIANT STEP PRESCHOOL

Children ages 3-5 are welcome! Our staff provides a safe, nurturing and family oriented environment while exposing children to developmentally age-appropriate activities. Your children will have the opportunity to enjoy themes that encourage the use of their imaginations while supporting social, emotional, and intellectual growth. Physical activities are promoted through weekly swim and gym opportunities. Children must be toilet trained to enter the program.

LUNCH BUNCH

Giant Step Preschoolers can stay a little longer! Through this program, children have the opportunity to eat lunch with their friends and have a little more time to play. Please provide your child with a healthy, nut-free lunch and drink. Children must be enrolled in Giant Step Preschool to participate.

▶ BEFORE AND AFTER SCHOOL

GRADES: K-8

At the YMCA, kids have the opportunity to make friends, have fun, get active and discover what they can achieve. Our licensed program focuses on leadership development, homework assistance, CATCH fitness, nutrition and arts while giving each child the opportunity to become a confident kid today and a healthier, happier grown up tomorrow. Before and After Care is held at the listed schools or at the Y's Youth Development Center. Before Care begins at 7 a.m. and After Care ends at 6 p.m. Partial week options are available.

For families enrolled in our program, Out of School Care is available during In Service Days, Winter/Spring Break, and inclement weather on a first-come-first-served basis (additional fees apply). Lunch is not provided.

MIDDLE SCHOOLS

(Youth Development Center at the Y)

- Cab Calloway School of the Arts
- Stanton Middle School
- IB Middle Years Program at Dickenson
- Shue-Medill Middle School

ELEMENTARY SCHOOLS (On site care)

RED CLAY CONSOLIDATED SCHOOLS:

- Marbrook Elementary School
- Anna P. Mote Elementary School
- Heritage Elementary School
- Forest Oak Elementary School
- Baltz Elementary School

CHRISTINA SCHOOLS:

- Brookside Elementary School
- Maclary Elementary School
- Gallaher Elementary School
- Wilson Elementary School
- Jennie Smith Elementary School





Non-profit org.
U.s. postage

PAID

YMCA of
DELAWARE
Permit No. 17
Wilmington, DE

WESTERN FAMILY YMCA

2600 Kirkwood Highway

Newark, DE 19711

Phone: 302-709-YMCA (9622)

888-453-8009

Fax: 302-453-1610

FOLLOW US ONLINE!

TWITTER: @westernymca

FACEBOOK: facebook.com/westernymca

ON THE WEB: www.ymcade.org

ACCESS TO HUNDREDS OF YMCA LOCATIONS

Not only do you have access to all 7 YMCA locations in Delaware, but you can also use most YMCA's across the country at no extra charge!

BEAR-GLASGOW YMCA

351 George Williams Way

Newark, DE 19702

(302) 836-9622

BRANDYWINE YMCA

3 Mt. Lebanon Road

Wilmington, Delaware 19803

(302)478-YMCA

CENTRAL YMCA

501 West Eleventh Street

Wilmington, DE 19801

(302) 254-9622

DOVER YMCA

1137 South State Street

Dover, DE 19901

(302) 346-9622

SUSSEX FAMILY YMCA

20080 Church Street

Rehoboth Beach, DE 19971

(302) 296-9622

MIDDLETOWN FAMILY YMCA

404 N. Cass Street

Middletown, DE 19709

(302) 616-9622

OTHER LOCATIONS:

ASSOCIATION OFFICE

100 West 10th Street

Suite 1100

Wilmington, DE 19801

(302) 221-YMCA

CAMP TOCKWOGH

24370 Still Pond Neck Road

Worton, MD 21678

(800) 331-CAMP

WALNUT ST. RESOURCE CENTER

1000A North Walnut Street

Wilmington, DE 19801

(302) 472-YMCA